Course Title: Cultural Perspectives on Mental Health – Many Landscapes

Subject category: Mental Health: Cultural Awareness

Course aim: To give participants a flavour of how mental health and ill health is viewed in different cultural contexts; to highlight the limitations of western concepts of mental health and ill health for some individuals from a different cultural or religious background

Course overview: For many individuals the Western concept of psychiatry and mental health is one which is difficult to comprehend. Across the globe different cultures have different views, understandings and solutions to mental ill health which often create barriers to effective interventions

Pre course requirements: The course assumes that participants have a good understanding of mental health

Name of trainer: James Moore

Who should attend: Staff working in multicultural environments where mental health and ill health are issues.

Course level: Level Two (Intermediate)

What you will learn: The workshop will raise participant’s awareness of the range of different perspectives which exist to explain situations where mental health and well being is compromised. With this awareness participants will be able to factor in these perspectives in their dealings with individuals from different and varied cultural and religious backgrounds

Course timings: This one day course will run from 9.30am to 4.30pm with a mid morning and mid afternoon break and a 45 minute lunch break
Programme:

9.30am    Introductions
9.45am    Where have our ideas of mental health and mental ill health come from?
10.15am   Quiz – International Dimensions of Mental Health
11.00am   Break
11.15am   Mental Health – Islamic Perspectives
12.00md   Mental Health – African Perspectives
12.45pm   Lunch
1.30pm    Mental Health – Far Eastern Perspectives
2.15pm    Case Study Exercise (1)
           Looking at three actual case studies from practice which highlight the difficulties and pitfalls associated with working with parallel concepts of mental health
3.00pm    Break
3.15pm    Case Study Exercise (2)
           Feedback on the Case Study Exercise with Trainer reflections
4.00pm    Checklist for Positive Culturally Sensitive Practice
4.15pm    Summary and Evaluation
4.30pm    Close